

MINI GYM - VAULT

**From box, step down to
mini tramp, rebound
straight jump to
motorbike landing on
mat**

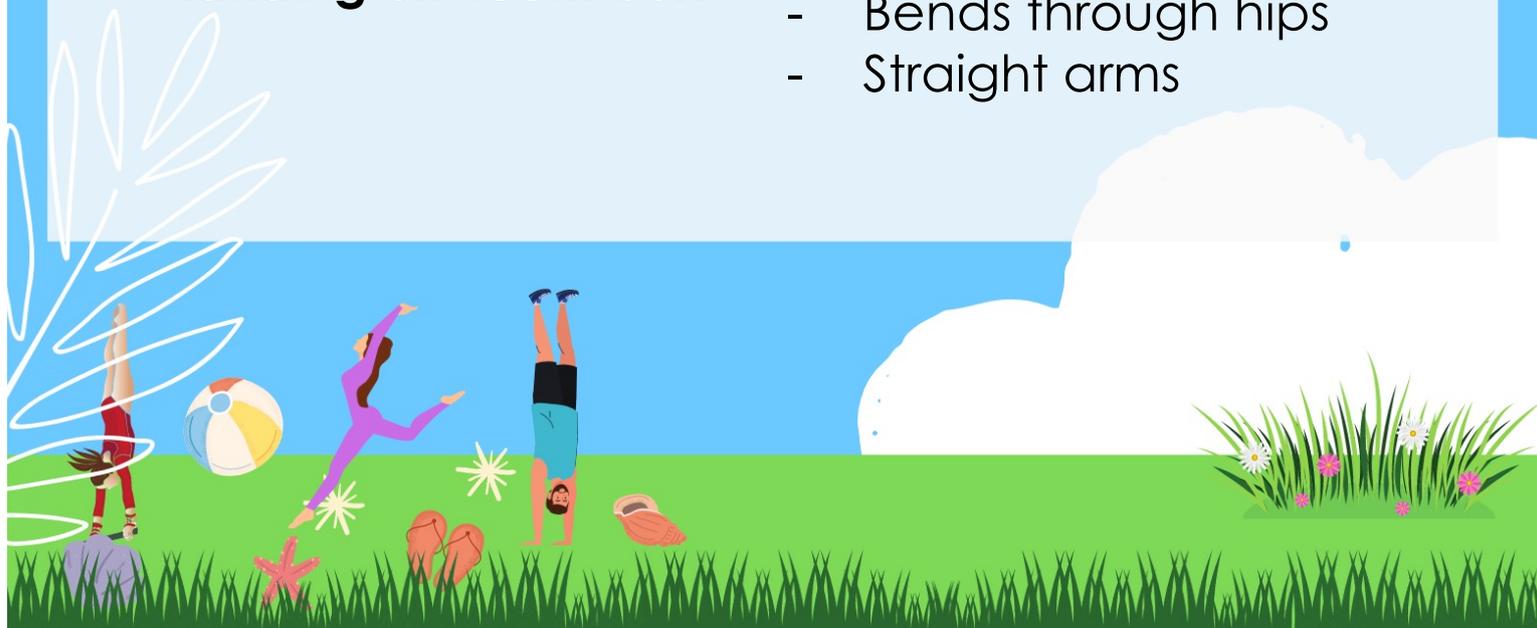
- Straight, tight body
- Correct motorbike

**Angry cat
Jump to front support
Jump to squat
Roll back to candle
(arms up)
Stand**

- Must show all positions but no requirement to hold
- Body should remain tight even in between shapes

**Drop to stick motorbike
landing off 40cm box**

- Feet slightly apart
- Knees bent straight (not bending to side)
- Bends through hips
- Straight arms



MINI GYM - BARS

Starting in dish, 2x bent knee swings, finishing in dish

Coach must spot wrist

- Use box to start, landing on box or floor
- Must regrip
- Ideal model has open hips and shows tap shapes

Jump from box to 5sec support hold on bar (coach to count)

- Any box height allowed
- Straight arms

Roll forward stopping with hips on the bar, coach spotted lower to ground

- May be assisted
- Straight arms
- Slow and controlled

On high bar, monkey across land in motorbike in hoop

- Legs together
- Hold motorbike for 3



MINI GYM - BEAM

From box, lift leg over to straddle sit, feet behind, squat and stand

- Straight legs in straddle sit

4x step, point, hold

- Hands on hips
- Straight legs
- Keeps weight on support leg during point

Relevé hold for 5 'gymnastics' (seconds)

- Straight legs
- Full relevé
- Arms beside or on hips

4x passé steps (side, forward, point, step)

- Straight support leg
- Toe to knee

Turn to face sideways, straight jump dismount to land in motorbike

- Starts with toes on the beam
- Jumps above beam height
- Controlled motorbike landing



MINI GYM - FLOOR

Forward roll down wedge - Starting on wedge
 - Hands turned in, straight arms

Backward roll to squat down second wedge - Hands turned in
 - Arms straight

2x bunny hops - Hops to land on two feet
 - Trying to reach hips to vertical

5x rebounding straight jumps - Arms up
 - Points toes in air
 - Motorbike landing to finish

Bunny hop or cartwheel over box - Takes support on hands
 - Leaps to land on one foot

5sec tuck hold on chocks - Chocks shoulder width apart
 - Knees above hips
 - Pushing through shoulders

